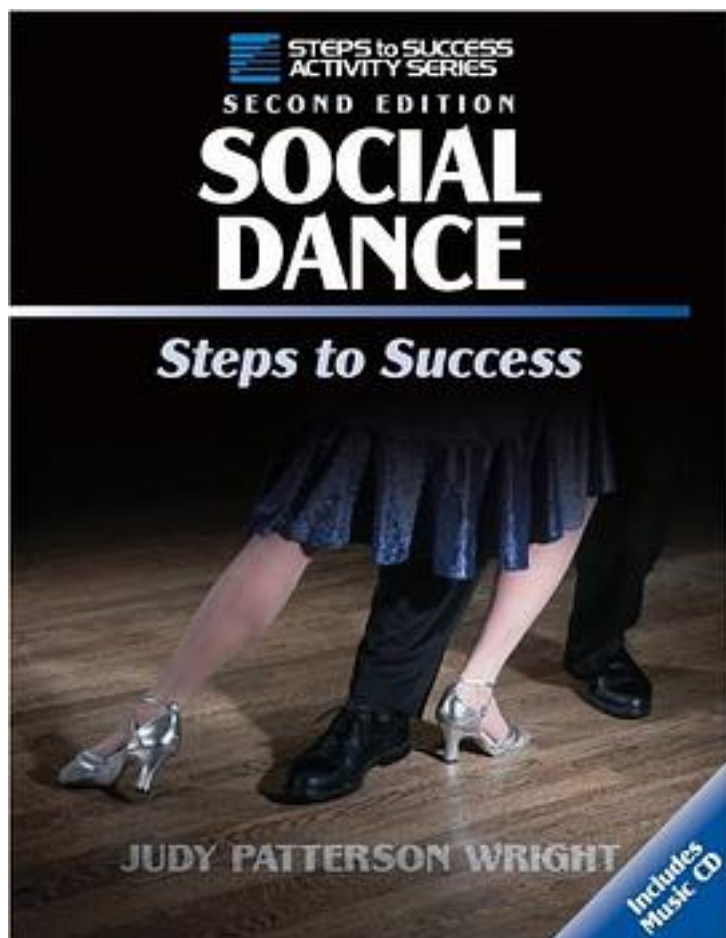


# Social Dance



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This second edition of "Social Dance: Steps to Success" presents step-by-step instruction allowing anyone to become proficient in social dance technique. The addition of three new dances gives readers a repertoire of eight popular styles to

choose from: Swing; Cha-Cha; Foxtrot; Polka; Waltz; Rumba (new); Tango (new); Salsa / Mambo (new). Each chapter, or step, provides a smooth transition from the one before. The first few steps establish a solid foundation of skills and concepts. As readers progress, they learn not only the basic dance steps and styling, but also how to adjust to a partner, how to make the transitions between positions and how to create sequences from variations of the basic steps. The new edition includes a compact disc with practice music for each style.

作者介绍:

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